

Minuteman

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More mobility exercises ahead for 94th

By Paul Reid Hanna
Public Affairs

Standing in line, waiting, carrying too much gear, getting shots, double-checking paperwork and packing everything you own into one bag are some of the tasks faced by 94th Airlift Wing troops as they participate in mobility exercises. But, halfway around the world, the tasks aren't so simple as troops from the 94th are involved in the war on terror.

During the July unit training assembly, wing members participated in one of several mobility exercises planned for this year. For many, the exercise was a reminder of real-world operations and the fact that they too could be deployed.

Mobility exercises are practice sessions for making sure each military member has the tools and the knowledge to be deployed. The exercises involve updating personal paperwork used to identify and pay airmen. It also involves refresher training such as basic medical aid techniques and weapon proficiency.

"We use these exercises to determine what we're doing right and wrong," said Tech. Sgt. Jaini King, 94th Mission Support Squadron career enhancement

chief. "It's better to learn from mistakes that we make when practicing than to make those mistakes when we actually process people for deployment." King said the exercises also highlight the importance of personnel records to each person and aid in keeping the records up to date in preparation for deployment.

"Each time we perform a mobility exercise, our people are better prepared for deployment and we are better prepared to send them," King continued. "It's always a learning environment with each exercise testing us. We have some people coming though the mobility line for the first time, and we also cross-train our processors, so for many, the processing is a new experience."

However, deployment is not just about getting on a bus with the right orders. The Air Education and Training Command's operation readiness inspection team will evaluate the wing's mobilization effectiveness during the next mobility exercise.

"The people participating in the next mobility exercise should expect the ORI team to test them on their chemical defense training, M-16 weapon proficiency and Self-Aid Buddy Care knowledge,"



Photo by Master Sgt. Stan Coleman

Tech. Sgt. Catherine Nolan (left) and Master Sgt. Tonua Henn, 94th Mission Support Squadron, check Senior Airman Gabe Maciaz's security clearance.

said Col. James Glenn, 94th AW vice commander. "I've been advising troops to familiarize themselves with the M-16 and emergency aid because the evaluation team will randomly pick individuals to demonstrate, or at least locate a reference to, these skills."

Glenn said the information is in the 10-100 Airman's Manual and the Air Force Handbook 32-4014, Vol. 4, which should accompany all airmen participating in mobility exercises.

According to 1st Lt. Tammy Guthmiller, a 94th Logistics Readiness Squadron deployment officer, the better prepared we are for these exercises, the better we can deploy to real-world missions. With 94th AW members constantly rotating in and out of these missions, preparedness is critical.

"We should take our training and mobility exercises seriously," said Guthmiller. "Moving troops and their equipment quickly is what the Reserve is all about and our willingness to be prepared is an important part of that. By taking the time, for example, to make sure our shots are up to date and wills are in place, we can contribute to the success of our mission."

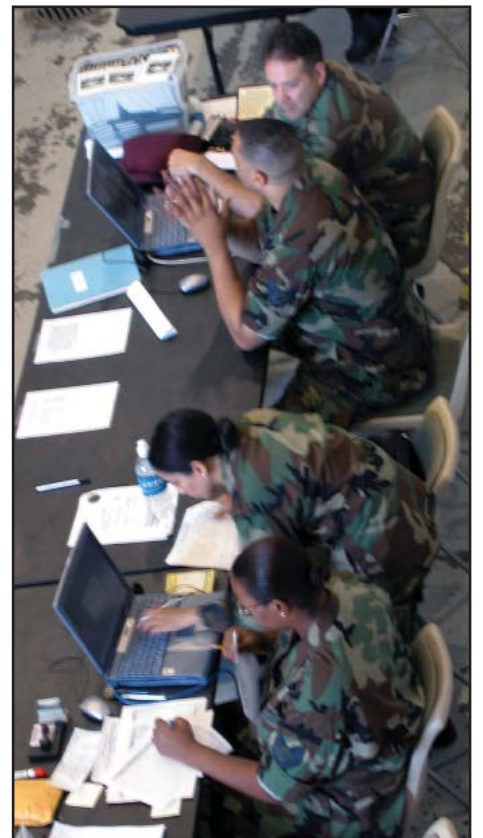


Photo by Master Sgt. Stan Coleman

Security clearance, ID cards, shot records, legal information and more are checked for mobilization.



Photo by Master Sgt. Stan Coleman

(From left) Senior Airman Markeba Smith, Senior Airman Michaellel Darling and Tech. Sgt. Jaini King of the 94th Mission Support Squadron discuss methods to speed the evaluation of vital records necessary for troop deployment.

National Guard's STARBASE, Lockheed Martin dedicate new technology center at Dobbins

Lockheed Martin teamed with the Peach State STARBASE, located at Dobbins, to bring the excitement of aviation, math and science to local students. Leaders from the Georgia Army National Guard, Dobbins ARB, and local schools joined the company to dedicate the Lockheed Martin Technology Center.

STARBASE is a Guard youth program serving at-risk fifth graders in the Cobb and Marietta School Districts. Lockheed Martin's \$25,000 donation to the center will help the youth program purchase new equipment, software and technical training aids.

"We teamed with the Peach State STARBASE because we share the same commitment to inspire community youth to improve math and science skills," said Lee Rhyant, vice president and site manager for the Lockheed Martin plant in Marietta. "The best investment we can make is in our youth, and we are proud of this partnership with the Department of Defense, Dobbins, Cobb County Schools and Marietta City Schools."

During a five-day academy, the program exposes students and their teachers to real-world applications of math, science, aviation and technology, while addressing positive life skills, character building, drug abuse prevention and teamwork. After learning about the principles of flight in a classroom environment, students move into the Lockheed Martin Technology Center where they can apply the principles they've learned on flight simulators.

"We are training the next generation of aviators and space pioneers," said Maj. Gen. David Poythress, Georgia's adjutant general. "STARBASE does this by exposing the students to not only math and science but also to teamwork and life-long learning



Courtesy Photo

At the flight simulators in the Lockheed Martin Technology Center are (from left) Lee Rhyant, vice president and site general manager, Lockheed Martin; Maj. Gen. David Poythress, Georgia adjutant general; and Dr. Harold Barnett, Marietta City Schools superintendent.

strategies." Peach State STARBASE, located in a classroom on Dobbins ARB, opened its doors in April 2002 and has graduated 798 students. The students and teachers who have already participated in the STARBASE program have been excited by the experience, and those on the waiting list are looking forward to similar results.

"We believe that this program is broadening horizons and instilling new goals in the youth of Cobb County," said Joe Redden, Superintendent of the Cobb County Schools. "After graduating from STARBASE, our students can't stop talking about it and often carry the lessons that they learned back into the regular classrooms."

Brig. Gen. William Kane, 94th Airlift Wing commander, worries that too many students have been shying away from entering fields in math and science. "We, as a nation, need to remind children how much fun math and science can be," said Kane. "Allowing students to fly aircraft simulators and launch rockets, while learning the scientific principles behind the magic, demonstrates how their classroom experiences lend to practical applications in the future."

Lockheed Martin's local plant contributes more than \$400,000 annually to kindergarten through college educational initiatives that are focused on science, math and aeronautics.



Courtesy Photo

A local student flies a C-5 flight simulator in the Lockheed Martin Technology Center at STARBASE.

Wing accepting design suggestions for new front lobby of Building 838

Prizes will be awarded to the winner of the Bldg. 838 lobby design contest. Suggestions must be written and sent to the Public Affairs office. E-mail ideas to reid.hanna@dobbins.af.mil or fax them to 678-655-5056.

The competition began during the July unit training assembly when Master

Sgt. John Cooney of the 94th Maintenance Group Quality Assurance office suggested suspending a five-foot model of a C-130 from the ceiling of the lobby. Adding details like the City of Marietta Nose-art, working lights and aircraft markings would make an impressive display, said Cooney.



Graphic by Bob Goode

C-130 Hercules in the front lobby?



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94th Airlift Control Flight wrestles the cobra

By Senior Airman David Atchison
Public Affairs

Air Force Reserve Command recently called upon the 94th Airlift Control Flight to participate in the largest U.S. military peacetime exercise in the Pacific region.

"The 94th ALCF was called in at the eleventh hour to pick up the pieces in planning for the Tactical Air Lift Control Exercise involvement in Cobra Gold 2003 after the active duty unit originally assigned to the exercise was tasked for other real-world operations," said Lt. Col. Reed Sheridan, 94th ALCF commander. Operation Cobra Gold is an annual, joint-training exercise. This year's exercise involved U.S. Armed Forces, Royal Thai Forces and Singapore Forces. The exercise's purpose is to strengthen ties among the nations and promote interoperability between their military components. This year marked the first time in 10 years that the Air Force Reserve was tasked to provide the entire TALCE package in support of Cobra Gold as opposed to augmenting the active duty, said Sheridan.

"The TALCE is responsible for providing all aspects of airlift mission support at a deployed location," said Sheridan. The 94th ALCF deployed eight servicemembers to fulfill their part of that mission.

Approximately 5,200 U.S. servicemembers participated in the exercise, including elements of Air Combat Command; Air Mobility Command; U.S. Army, Pacific; U.S. Marine Forces, Pacific; U.S. Navy, Pacific Fleet; and U.S. Pacific Air Forces; as well as Special Operations Command Pacific, Military Sealift Command and reserve elements from the Air Force, Army, Navy and Marine Corps. Participating Thai Forces numbered



Photo by Master Sgt. Stephen Crook

Supporting Cobra Gold are (from left) Lt. Col. Steve Weber, 621st Air Mobility Operations Group vice commander, Lt. Col. Reed Sheridan, 94th Airlift Control Flight commander, Capt. Edward Conroy, an operations officer and Staff Sgt. Jonathan Adams, a communications specialist, both with the 446th ALCF at McChord AFB.

approximately 5,400 and included elements of the Royal Thai Air Force, Army, and Navy. Participating Singapore Forces numbered approximately 100 personnel.

"During the operation, more than 4,500 people and 350 tons of equipment were moved," said Sheridan. This year's operation focused on disaster relief operations, peace enforcement and humanitarian assistance. Additionally, the exercise included the planning and execution of a noncombatant evacuation operation.

As in previous operations, this exercise included a joint combination of land, sea and air operations. The exercise assisted the people of Thailand through combined Thai-U.S. medical and civil affairs projects including assistance for local schools in Rayong. Servicemembers contributed to local charity projects as well.

"Thailand is a beautiful country," said Sheridan. "I've been to more than 25 countries in my time and Thailand is the country I would most like to visit with my family someday." Though Thailand is hot and very humid, Sheridan said it's the warmth of the people that makes him want to go back sometime in a nonmilitary capacity.

"The exercise participants really appreciated our presence and all the support we were able to provide them on the deployment and redeployment of their

personnel and equipment," said Sheridan. "Having the contributions of the TALCE recognized and appreciated made the mission that much more gratifying. Perhaps more important was the positive relationship we built and maintained with our hosts, the Thai people."

Though the 94th ALCF was asked to participate in another exercise next year, Sheridan feels the active duty forces will most likely be taking the reins back.



Photo by Master Sgt. Stephen Crook

Master Sgt. Freddie Gavin (left) and Master Sgt. Stephen Crook, both 94th Airlift Command Flight operations NCOs, took part in Operation Cobra Gold. Gavin will participate in his last unit training assembly in August. He will retire after serving the Air Force for eight years active duty and 15 years as a reservist.

Former chief of Air Force Reserve gives address at ROA luncheon

By Master Sgt. Stan Coleman
Public Affairs

Maj. Gen. (Ret.) Robert McIntosh, executive director of the Reserve Officers Association, and former chief of the Air Force Reserve, spoke at a joint luncheon hosted by the Dobbins and Atlanta ROA chapters.

The ROA was founded in 1922 and represents officers of the military services, National Oceanic and Atmospheric Administration Corps and the U.S. Public Health Service Commissioned Corps. The ROA executive committee is authorized to lobby and educate members of Congress about specific defense issues pertaining to the reserves.

McIntosh's presentation included the effects of legislation on the benefits and entitlements for reservists and the Abrams' doctrine (the concept of integrating the Guard and reserve — a representation of the American people into war operations. Gen. Creighton Abrams, deceased, is a former chief of staff of the Army.) McIntosh also encouraged members to keep the ROA strong and viable and to encourage young people to take advantage of the various opportunities for ROA membership.

(Editor's Note: For more information about the Reserve Officers Association, log on to the national web-site at www.roa.org. For more information about the

Dobbins chapter, email Capt. Catherine Ferris at Catherine.Ferris@dobbins.af.mil or call her at 678-655-5467.)



Photo by Master Sgt. Stan Coleman

(From left) Andrew Alexander, Atlanta Reserve Officers Association president, Capt. Catherine Ferris, Director of 22nd Air Force Public Affairs, Maj. Gen. (Ret.) Robert Macintosh, ROA executive director, and Jim Droskinis, Georgia ROA president.

Wilderness Challenge set for 300 servicemembers

NORFOLK, Va. (AFPN) — The Mid-Atlantic Region Morale, Welfare and Recreation Department is conducting the third annual "Wilderness Challenge" outdoor extreme-sports match Oct. 2 to 4 in Fayetteville, W.V.

The annual event is set to take place with the Appalachian Mountains and the Gauley River as the backdrop for more than 300 servicemembers competing for bragging rights as the best extreme athletes among the nation's services.

An Air Force team from Little Rock Air Force Base, Ark., Team "Trash Haulers," took third place in the last event.

For two days, participants will compete in seven events including an 8-km run through mountainous terrain, a 14-mile forced hike and a 10-mile mountain bike race. Competitors will also test their physical endurance with a half-mile swim, a 13-mile whitewater raft race and a seven-mile combined raft, canoe and kayak race. Additionally, participants will compete in a war game paintball competition.

The Wilderness Challenge is open to all active-duty military including National Guard and Reserve members currently on active duty for more than 90 days. Each team will consist of four active-duty military members including at least one female. Registration for this year's event is under way. For registration information, call (757) 887-7256 or visit www.wildernesschallenge.net.

More than just another day in the park

By Senior Airman David Atchison
Public Affairs

Military forces invaded Six Flags Over Georgia, on July 3.

As a token of their appreciation for the sacrifice reservists make on a daily basis, Georgia's largest theme park opened its gates, free of charge, to military members.



Photo by Don Peek

(From left) Master Sgt. Denise White, Tech. Sgt. Danny Wilson, Staff Sgt. Gloria Rodriguez and Staff Sgt. Xavier Sanford all of the 94th Airlift Wing Base Honor Guard.

"More than 500 reservists and their families visited Six Flags that day," said Master Sgt. Mark Clark, 94th Airlift Wing recruiter. The recruiters saw the event as an excellent opportunity to raise Air Force Reserve awareness, added Clark. They were onsite with a booth, spreading the word and showcasing the benefits of the Air Force Reserve. As an added bonus, Dobbins' own Airman Andy was present.

"We gave out more than a thousand promotional items," said Clark. To better promote the Air Force Reserve, recruiters gave guests cups, posters, pens, pencils, potato chip clips, literature and plastic bags. Clark stated their goal wasn't so much to recruit new members while in the park, but to merely raise the awareness of benefits of the Air Force Reserve to those who may not know anything about the program. He added that the indirect approach went over really well with the park's civilian guests.

"We had a great turnout," said Tech. Sgt. Tommy White, 80th Aerial Port Squadron air transportation specialist. White volunteered to help the recruiters spread the word about the Air Force Reserve program and its benefits. Air Force Day at the theme park was an excellent example of some of the benefits of being a citizen airman, said White.

"The Flag Raising Ceremony conducted by the 94th Airlift Wing Base Honor Guard was awe inspiring and they were the best we've seen out here," said Six Flags Director of Operations Don McCoy. "They raised the six flags of the theme park to commence the start of Air Force Day, a part of the theme park's Armed Forces Week. They were focused and their movements were concise," he added.

"The crowds at the park were really enthusiastic and supportive," said Master Sgt. Denise White AFRC Base Honor Guard program superintendent. "In all my time with the Honor Guard, I haven't seen anything like it." After the flag was raised, people flooded the flag post area



Photo by Don Peek

Tech. Sgt. "Airman Andy" bonds with two young guests at Six Flags over Georgia.

to thank them she added.

"It's a good feeling to know our people's sacrifice is recognized by the public," said Brig. Gen. William Kane, 94th AW commander. "Reservist participation was high. Seeing so many familiar faces from the base enjoying the company of their family and coworkers was refreshing," he remarked.

Minuteman story contest

A challenge has been extended to write a story for the *Minuteman* about anything pertaining to Dobbins Air Reserve Base, experiences with the Air Force Reserve or for reservists, civilian experiences. The stories can be about a patriotic experience at the grocery store or an overseas adventure.

Prizes will be awarded to the writers of the best stories. Winning stories will be edited and printed in the *Minuteman*. Quality photos are always welcome.

Stories will be accepted by e-mail at reid.hanna@dobbins.af.mil. For more information about the contest, call Public Affairs at 678-655-5055.

Hundreds of airmen face retraining

AIR FORCE PERSONNEL CENTER – More than 450 airmen have taken their careers in their own hands by volunteering to change career fields under the initial phase of the Air Force's FY03 Noncommissioned Officer Retraining Program – leaving more than 900 who may be involuntarily moved to shortage career skills starting July 7.

Around the second week of July, Air Force officials will begin notifying those airmen selected as most vulnerable to retrain, asking them to submit their choices of shortage career fields they would most like to retrain into as part of the program's Phase II, which runs through Aug. 15.

"This phase of the retraining program is necessary

to help meet the needs of the Air Force by putting airmen where they are needed most," said Chief Master Sgt. Alvin Diaz, chief of the skills management branch here.

Under Phase II, not everyone is guaranteed his or her first choice. Major commands continue to accept volunteer applications and personnel officials encourage all eligible NCOs to also consider special duty assignments that need to be filled such as recruiting jobs, military training instructors, first sergeant duty or professional military education instructor, officials said.

"There's still time for those who have been identified for possible retraining to volunteer," said Diaz. "It's up to each airman, but if it were me,

I'd think having control over my career would be a priority and help reduce the stress of not knowing whether or not I will get that notification asking me to make a selection--I'd volunteer."

The retraining program is designed to help balance the enlisted force by moving NCOs in specialties with surpluses to those with shortages. In April, the Air Force said it needed about 1,400 airmen to change careers.

Things such as retention rates and new promotions have an effect on how many airmen will finally be retrained and where they will be needed, said Diaz. "But unless a large number suddenly step up and volunteer, we'll be looking for another 900 or so."

"We will work with those who have been selected for retraining, as we would any retraining case, in order to make the transition as smooth as possible for the airman and his or her family while still meeting the needs of the Air Force," said Tech. Sgt. Derek Hughes, non-commissioned officer in charge of Air Force retraining here.

Vulnerability listings by grade and Air Force specialty code will be updated online weekly on the Air Force Personnel Center's web site at <https://www.afpc.randolph.af.mil/enlskills/Retraining/retraining.htm>.

Those interested in more details about the program can contact their local military personnel flight.

You could volunteer to promote positive image

By Tech. Sgt. Tommy White
80th Aerial Port Squadron,
air transport specialist

I'm proud of serving our country as a Reservist, and I really enjoy working with others to give them a better understanding of the Air Force Reserve. I talk about my experiences and my career and, as Reservists, I believe we should be proactive in our communities in sharing our military story.

Several ways we can share our story is through church groups, schools, and civic organizations. An outlet that I've been active with for some time is career days at our high schools and elementary schools. These can be rewarding encounters for both students and reservists.

My message and purpose is different depending on the age of the audience. With high-school students, I talk more about the career opportunities in the Air Force Reserve and the education benefits that students are always interested in. The uniform draws a lot of questions. I wear my BDUs and red hat and I push air transportation careers in my unit. I realized when I graduated from high school that partial scholarships weren't enough to meet my financial needs and the Army was my choice. I wanted to do something for myself and I share this information

with high school students.

For younger students, our role is different. We still want to share what we do and present them a positive Air Force image, but we can also have an effect on them by helping to instill higher moral values, such as honesty and loyalty. I think we can create a sense of gratitude in them for what we do as we explain the role of our services. Also, our presence helps them understand unselfishness in giving to your country. In the long term, I think our influence on younger children is good for the country and us.

Our recruiting office is supportive of volunteer efforts by providing advice and give-a-ways. These items help open doors for us. No matter if you're working with adults or elementary school students, the caps, pens and pencils, calendars, cups and post cards always add to the fun. I carry a flight bag filled with giveaway items thanks to the recruiting office. I recall setting up for career day at Mary Lynn Elementary School in North Atlanta. The posters from recruiting kept the children lined up at our table for the whole event. They all wanted to talk about planes and I know they went home and talked about their Air Force experience.

Recently, I was able to work with recruiters at Six Flags for a week as the park recognized military members. It was

a great experience. I met a lot of nice people and they made me feel proud of the role the Air Force plays in our national defense. If you enjoy talking about what you do in the Reserve, share your experiences with others. I think you'll find

it rewarding like I have.

(Editor's note: Tech. Sgt. White is a volunteer, who often works without pay to spread the news about the Air Force Reserve. His volunteer hours are credited toward 94th AW Recruiting activities.)



Photo by Don Peek

Tech. Sgt. Tommy White, 80th Aerial Port Squadron air transport specialist, answers questions about the Air Force Reserve and hands out gifts to children during Air Force Day at Six Flags.

Dobbins' new enlisted group takes flight

By Chief Master Sgt. David Curtis
Public Affairs

Master Sgt. Mark Brown doesn't slow down often, and these days his tempo has picked up another notch as he spearheads the formation of a Dobbins 56 Club. This 94th Mission Support Group computer technician is gathering support and members for a new enlisted group for staff and technical sergeants at Dobbins ARB.

Representing the Dobbins Top Three Association, Brown hopes to see the club formed with officers in the next several months. This month, the group is holding an organizational meeting at 1 p.m. on Sunday, Aug. 3, in Rm. 1202, Bldg. 838.

"Mark has taken this enlisted project by the horns and is helping to build a stronger and better informed enlisted force at Dobbins ARB," said Chief Master Sgt. Les Davy, 22nd Life Support superintendent and president of the Dobbins Chiefs Group. His efforts mean that we're going to have a voice from all levels of enlisted leadership and we cannot thank him enough." The 56 Club will join the Top Three Association, First Sergeants Association and Dobbins Chiefs Group as an official organization for enlisted airmen at Dobbins ARB.

"Our staff and technical sergeants are the working supervisory force that drives any mission," Brown said. "They're the first ones that new recruits see and work with when the smoke clears after the newcomers orientation, so

it only makes sense that they should form a group in which they can exchange ideas and information and resolve problems." He adds that members of this force don't have the supervisory experience in writing enlisted performance reviews, award and decoration packages and performance feedback as do their full time counterparts. Brown feels a 56 Club will enhance this ability by keying in on personnel training.

To back up his point, Brown said that in today's environment, one of the most important jobs is training. "That training involves taking care of your troops," added Brown. "As more of our Dobbins forces are activated for the war on terrorism, it's imperative that they know their administrative responsibilities. Our E-5s and E-6s are going to find themselves in charge of a 20-person shop upon activation, and as top three supervisors, we have to ask ourselves if we've prepared our troops to meet that challenge."

Col. James Glenn, our vice commander, addressed one of our Top Three inductions and said, "When you are promoted, it is because you have been performing the duties of that rank...today you put on E-7, tomorrow you need to demonstrate your work ethics as a E-8, the next level." Brown said the same applies to junior NCOs, and a supportive group like the 56 Club is a means to help prepare future leaders.

"When I leave this Air Force, I want to know that I did as much as I could to train and mentor my replace-



Photo by Chief Master Sgt. David Curtis

Staff Sgt. Brian Phillips (right), 94th Aeromedical Staging Squadron information manager, discusses the benefits of a new Dobbins 56 Club with Master Sgt. Mark Brown, 94th Mission Support Group computer technician. Brown represents the Dobbins Top Three Association in jump-starting the new organization. ment," said Brown. "I challenge other members of the Top Three to take on the challenge of nurturing these young NCOs and supporting this new organization."

Dobbins airman crowned 'Mr. Atlanta'

By Senior Airman David Atchison
Public Affairs

For most, physical fitness, like the occasional workout in the gym after a long day at the office or a leisurely walk once dinner is over, is something done above and beyond the normal responsibilities of the day. For a few, however, working out is a prerequisite, a lifestyle choice and an integral part of how they live their lives.

Staff Sgt. Anthony Metcalfe, 94th Maintenance Squadron survival equipment specialist, is one of those people. Recently, Metcalfe's dedication to personal fitness was rewarded when he was crowned Mr. Atlanta - Light Heavy Weight Division.

"I was really excited I won," said Metcalfe. "I worked hard for this and it feels good to have my efforts rewarded." The Mr. Atlanta Competition is an annual bodybuilding tournament with three weight divisions: heavy, middle and light. Participants compete by sculpting their

bodies to near perfection and adhering to strict diets to cut down on their body fat. Judges grade contestants on size, definition and poses. Only those in top physical condition win.

A typical day for Metcalfe starts at 4:30 a.m. with 45 minutes of cardio. He then works a nine-hour day as an air reserve technician. After work he returns to the gym for a 1.5 hour workout where he concentrates on building specific muscle groups, a different muscle group every day. This regimen, combined with a healthy diet made Metcalfe Mr. Atlanta.

"It may sound unconventional, but I eat six times a day," said Metcalfe. To keep down on snacking, Metcalfe has split the standard three-meal diet into six. He likens the stomach and metabolism to a slow burning furnace. By lumping large amounts of food on the stomach, in the typical meal paradigm, people actually slow their metabolisms. Metcalfe compares the regular diet to lumping a large

amount of coal on a fire. The coal, meant to be fuel, actually extinguishes the fire. The same truth holds for the metabolism. Metcalfe's six-meal diet allows him to burn food more efficiently and helps him cut down on snacking because he eats almost every 2.5 hours. Metcalfe also feels a healthy diet is an integral part of a healthy lifestyle. Subsequently, Metcalfe hasn't eaten a french fry in five years.

"Before a competition, I switch to a really low-fat diet for about 12 weeks," said Metcalfe. During those months, Metcalfe intakes plenty of clean carbohydrates and lean proteins to drop his body fat to approximately five percent. Being really lean is a big part of bodybuilding competitions, added Metcalfe. Definition is key. Though dieting down to such a lean size may be hard, Metcalfe believes in dedication.

"Being in the military has taught me a lot about perseverance," said Metcalfe. The same intensity he brings to bodybuild-



Courtesy Photo

Staff Sgt. Anthony Metcalfe, a survival equipment specialist with the 94th Maintenance Squadron is always determined to do his best.

ing is the same intensity he brings to his Air Force career. As a survival equipment specialist, Metcalfe realizes the lives of his fellow servicemembers may rely on the job he does. He methodically practices his craft and builds experience in his career field, just as he builds his biceps.

House, Senate eye benefits for reservists

WASHINGTON — Before taking their Independence Day recess, the U.S. House and Senate Armed Services Committees completed markups of their versions of the National Defense Authorization Act for fiscal year 2004.

Members of the committees considered several provisions, which could affect reservists in Air Force Reserve Command. These provisions include unlimited use of commissaries and increases in basic pay, hostile fire and imminent danger pay, family separation allowance and hazardous duty incentive pay.

"Congressional committee markups are no guarantee an item will become law," said Wayne Gracie, director of the Office of Air Force Reserve's Policy Integration Directorate in the Pentagon.

"The House and Senate work out differences in bill provisions and language in conference, where provisions may be adopted, dropped or modified," he said. "If the provision is identical in both bills, it has a greater chance of becoming law when the bill is enacted into law. The authorization process is not complete until conferencing occurs and a final version of the authorization bill is reported and voted on by both chambers and signed into law by the president."

Bills were introduced in the House and Senate, but none were approved.

Unlimited commissary privileges: The Senate committee seeks unlimited use for members of the Selected Reserve and retired reservists who qualify to receive retired pay but who are not age 60, and their dependents. The House version expands the unlimited privilege to reservists in the Ready Reserve, which includes the Selected Reserve, who satisfactorily completed 50 or more points in a calendar year. Unlimited use of commissaries is currently limited to people possessing an active-duty ID card or drawing retirement pay, and their dependents.

Basic pay increase: The Senate version authorizes an across-the-board military pay raise of 3.7 percent and

higher, targeted pay raises for mid-career personnel for an average pay raise of 4.15 percent. The House of Representatives version accepts the Department of Defense's proposed pay plan and calls for an average 4.1 percent increase with targeted increases for mid-grade and senior NCOs to enhance retention. It also proposes to give E-1s, E-2s, O-1s and O-2s raises below 3.7 percent, which is the minimum percentage in the Senate version.

Equal hostile fire and imminent danger pay for reservists on inactive duty: Both committees recommend reservists serving inactive duty for training at authorized duty locations to be paid this pay at the same \$150-per-month rate as members serving on active duty. The provision would be retroactive to Sept. 11, 2001. Reservists currently receive this pay at a rate of 1/30 for every day served in specified locations.

Increase in hostile fire and imminent danger pay: Both committees seek an increase from \$150 per month to \$225 per month. However, the House version limits the increase to service in Operations Iraqi Freedom and Enduring Freedom, and the increase would expire on the date the president terminates the operations.

Increase in family separation allowance: Both committees want to increase the allowance from \$100 to \$250 per month, effective Oct. 1, 2003. However, the House version limits the increase to service in Operations Iraqi Freedom and Enduring Freedom, and the increase would expire on the date the president terminates the operations.

High-tempo personnel management and allowance for extended or frequent deployments: Congress wants to pay up to \$1,000 a month to servicemembers who have been deployed for at least 401 of the preceding 730 days or deployed continuously for 191 days. In the Senate version, reservists would also qualify if they are called or ordered to active duty for more than 30 days if such period begins within one year after the date on which they were released from previous service on active duty for a period of more than 30 days under a call or order to active duty. In the House version, reservists would also qualify

in they serve on active duty for more than 30 days during the second or subsequent mobilization for the same contingency operation.

Reimbursement for lodging expenses: The House wants to authorize the service secretaries to reimburse certain reservists and retirees serving on active duty at locations away from their homes. The reimbursable amount would be the lesser of the lodging portion of the applicable per diem rate or the actual cost of lodging paid by the member for periods during which the member is in a leave status.

Special responsibility pay: The Senate recommends reserve component officers receive command responsibility pay at a rate of 1/30th the monthly rate for each day of duty. A maximum of 5 percent of captains and below would get the monthly rate, and a maximum of 10 percent of majors through colonels would be authorized the monthly rate.

Hazardous-duty pay for reservist demolition duty and parachute jumping: The House wants to authorize reservists who perform explosive ordnance disposal and pararescue duties in a month to be paid hazardous duty pay at the same monthly rates paid to members serving on active duty. The committee members reason that reservists must maintain the same qualification standards as the active force to perform explosive demolition and parachute jumping.

Standardize Ready Reserve's annual training requirements: Members of the House committee want to reinstate one measure - 38 days per year - as the minimum for annual participation. At the present, members of the Selected Reserve are required to perform the equivalent of 38 training days of duty in the form of 48 periods of inactive duty for training - usually performed at the rate of four periods over a weekend - and 14 days of annual training. Other reservists fulfill training and active-duty requirements in at least 32 different categories of duty status. For more information, access <http://www.re.hq.af.mil/rei> (AFRC News Service)

Split disbursement changes

Effective immediately, the Air Force Reserve has implemented mandatory split disbursement for all reservists. This requires travelers to separately identify travel card charges on a voucher and directly disburse those amounts to Bank of America. Travel vouchers should comply with this requirement. Travel claims that fail to designate the split disbursement amount or are without the proper signatures will be returned to travel for correction. For additional information on split disbursement, contact your unit's coordinator.

Use caution at pedestrian crosswalks

All licensed drivers have learned the rule that pedestrians have the right of way. This rule will be more strictly enforced at Dobbins ARB in the future. Pedestrians should be mindful by seeking crosswalks, and drivers should show courtesy by stopping and permitting pedestrians to cross the street. This is especially important at the end of the day when everyone is rushing off base. In some areas pedestrians, also known as your friends and fellow airmen, must cross busy streets to reach parking lots. Drivers should stop and let them cross safely.

Bingo at the club

The Dobbins Consolidated Club hosts a weekly Bingo program every Thursday. Cards go on sale at 5 p.m. and the Early Bird game begins at 6:45 p.m. and regular games begin at 7 p.m.. It's a fun night with \$1,100 on the line. For more information, call 678-655-4594.

New Fitness Center hours

New hours for the Dobbins Fitness Center began this June. Monday through Friday the hours of operation are from 7 a.m. to 7 p.m. The fitness center opens at 9 a.m. on Saturday. Sunday the hours are from 9 a.m. to 3 p.m. For general information about the fitness center, contact Tech. Sgt. Michelle Gray or Staff Sgt. John Guice at 678-655-4872.

Get fit and don't quit

Are you a tough guy or girl? An endurance contest has been scheduled for the August UTA. The exercises include sit-ups, push-ups, bench-presses and leg-presses. A racquetball tournament and cardio-walk contest will also take place Aug. 2 and 3. For more contest information, contact Tech. Sgt. Michelle Gray at the Dobbins Fitness Center 678-655-4872.

AFSA picnic scheduled for Saturday

Bring your appetites to the Lakeside Pavilion between 11 a.m. and 1 p.m. on Saturday, Aug. 2, as the Air Force Sergeants Association hosts its annual picnic. There's sure to be plenty of hot dogs, hamburgers and camaraderie. Chapter 452 and its auxiliary sponsor the free event and everyone is welcome.

Members only dining at the Consolidated Club

The club is offering some fine food and great music for members only this summer. Come join the fun from 6 to 8 p.m. on the following dates:

Aug. 1-Herb roasted chicken \$9.95

Sept. 5-Chateau Briand \$10.95

Prime rib is available each evening at \$10.95 and all pricing for the meal is at member price. Disc jockey



Photo by Paul Reid Hanna

The 94th Mission Support Squadron's Customer Support Section staff are: (from left) Senior Airman Elisha Bowens, Staff Sgt. Sonjua Williams, Senior Airman Leslie McCall, Senior Airman Markiba Smith, Tech. Sgt. Emma Martzolf and Staff Sgt. Gloria Rodriguez.

Customer Service to audit all records

The 94th Mission Support Squadron's Customer Service is currently auditing all enlisted and officer records. The process identifies data discrepancies in records and allows the customer service staff to correct them.

Record audits are time consuming, said Tech. Sgt. Emma Martzolf, 94th Airlift Wing Customer Service chief. The staff appreciates the patience and

understanding its customers have always offered during servicing times.

Customer service has several different programs, like Serviceman's Group Life Insurance, the Family Care Program and issue of identification cards, that provide a service to reservists. For information about these programs, visit the 94th Airlift Wing web site at <http://www.afrc.af.mil/22AF/94aw/>.

Marque Cooper will also play great music each evening. For more Consolidated Club members information, call 678-655-4594.

Who's the best in the AS?

The 700th Airlift Squadron is holding a flight competition called the Mustang Rodeo starting at 10 a.m. on Saturday Sept. 6. Scheduled events for the rodeo include an airdrop, time over target and assault landing competitions. To catch the action, you can watch from the observation deck at Base Operations. For more information, contact Maj. Doug Hopper at 678-655-4098.

Annual Family Day

The 94th Airlift Wing Family Day will be held from noon to 4 p.m. Saturday, Sept. 6, at the Lakeside Recreation area. As always, food, music and good times will be in abundance. Bring your family out to meet your military family. For more information, call 678-655-5716.

Reserve Officers Association meeting

The next meeting of the Dobbins chapter of the ROA will be held at 3:30 p.m. on Sept. 6 at the 22nd Air Force auditorium in Bldg. 729. Future initiatives and the election of officers will be discussed. All Reserve officers at Dobbins and the Naval Air Station, past and present, are encouraged to attend.

POW/MIA remembrance

The Air Force Sergeants Association Chapter 452 and its auxiliary invite you to join them and Dobbins ARB as they host the annual Living Memorial Ceremony at 10 a.m. on Friday, Sept. 19, near the Navy Medical Clinic. Join in honoring all prisoners of war and those who are missing in action. A reception will follow the ceremony. For more information, contact 655-678-5055.

Super Bingo is back

The doors open at 4 p.m. on Sept. 25 as the club serves up yet another round of Super Bingo with a \$5,000 payout. The Early Bird game begins at 6:45 p.m. Regular games start at 7 p.m. You cannot afford to miss this, and you cannot attend if you are under 16 years old. Anyone entering the Bingo room must purchase at least one house pack of cards. For more information, call 678-655-4594.

Join the thrills at Casino Night

Calling all high rollers on Saturday, Nov. 1. for a fun-filled night of gaming as the Consolidated Club opens up the craps, roulette, poker and blackjack tables. Along with all the gaming, hors d'ouvres, prizes, raffles and disc jockey Marque Cooper come at the low price of \$20 per person. You can make reservations at the club beginning Sept. 16. Be early because it is the club's first ever Casino Night. For more information, call 678-655-4594.

Airmen can carry over more leave

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Some active-duty airmen will be allowed to accumulate more than 60 days of annual leave after the fiscal year ends, according to Air Force Personnel Center officials here. The airmen must have been unable to take leave because they were supporting contingency operations.

Air National Guard and Air Force Reserve airmen who performed full-time

training or other full-time duty for more than 29 days are also eligible for this special leave accrual.

Those affected can retain up to 90 days of leave until the end of fiscal 2004, according to personnel officials.

"This program is meant to enable people to take (the) leave they've earned," said Master Sgt. Don Taylor, the customer support operations superintendent at the center. "In order for the program to work

as planned, though, those affected need to take not only the leave they are carrying over now, but also the leave they will earn during the next fiscal year, or they may lose leave next year."

Those who meet the criteria for having excess leave should apply for special leave accrual through command channels. For more information, contact customer service at the local military personnel flight. (Courtesy of AFPC News Service)

Civilian career brief now online

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Air Force civilians now have the ability to view their own career information online from any internet-connected computer, according to Air Force Personnel Center officials here.

The virtual Civilian Career Brief offers information that might help in career planning like current position data, pay and benefits, appraisals and education, officials said.

"The biggest advantage of the virtual career brief is its convenience for the customer," said David Davenport, chief of the Air Force Reengineering and Development Division, the office responsible for developing the program. Employees will be able to see their information without having to visit the civilian personnel flight.

Besides position data, civilians can view information pertaining to: certifications and language proficiencies, appointments, benefits, overseas history,

special placement eligibility, career program registration, current job experience, job history, education level and history, training history, awards received and appraisal summary.

People can access the vCCB through the AFPC secure web site at <https://www.afpc.randolph.af.mil/afpcsecure/default.asp>. New vCCB users will need to establish an account before using the service. Establishing an account takes only a few minutes, officials said.

Once on the AFPC secure web site, select "Civ Career Brief" from the button menu.

"This new program isn't eliminating the career brief service from the CPF," said Davenport.

"Employees can, however, save themselves valuable time over possibly having to wait in line."

For more information about the vCCB, contact the local civilian personnel flight. (Courtesy of AFPC News Service)

Newly assigned

Capt. Gwendolyn M. Hamilton

Capt. Robert L. Swickley

Tech. Sgt. Joyce H. Smith

Staff Sgt. Stacey D. Domio

Staff Sgt. Joseph E. Tulleners

Staff Sgt. Shawn G. Vassell

Senior Airman Bryant K.L. Brandon

Senior Airman Holly M. Harris

Senior Airman Jacqueline P. Shular

Airman 1st Class Tamara L. Franklin

Airman Basic Adrian J. Clark

Promotions

Senior Master Sergeant

**Luis E. Agredo
Paul G. Spencer**

Master Sergeant

**Jesse Frison, Jr.
James E. Holmes
Phyllis R. Stanford**

Technical Sergeant

**Travis R. Clement
Richard M. Graddy
Barry D. Greeson
Robert W. Kane
Julie A. Lopez
James O. Mazurek II
Travis S. Miller
James A. Montoya
Nancy J. Nash
Kevin O'Connell
Xavier Sanford**

Staff Sergeant

**James L. Branch III
Brett D. Brown
Charlene Demming
Travon W. Dennis
Earlie Hughes, Jr.
Kenny W. Moore**

Senior Airman

**Ryan L. Edwards
Willie T. Hoover III
Julius E. Lord, III
Stephanie N. Strickland**

Airman First Class

Randall L. Cathcart

Airman

Mikal H. Samuel

August UTA Schedule

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<u>Activity</u>	<u>Time</u>	<u>Location</u>
Sign in	7-8:30 a.m.	Unit assigned
Wing element staff mtg	7:30-8 a.m.	Bldg. 838/Rm 1202
CDC study hall	7:30-10 a.m.	Bldg. 838/Rm 2304
M9 pistol AFQC	8 a.m.	Combat arms range
M-16 rifle AFQC	8 a.m.	Combat arms range
Occupational physicals	8-11 a.m.	Navy Clinic
Newcomers intro	8:30-9:30 a.m.	Bldg. 838/WCR
NBCCD refresher	9-11 a.m.	Bldg. 838/Rm 1322
Newcomer's orientation	9-3 a.m.	Bldg. 838/Rm 1202
Trng review panel	9:30-10:30 a.m.	Bldg. 727/700 AS
Deployment mgrs mtg	10-11 a.m.	Bldg. 838/WCR
Occupational physicals	1 p.m.	Navy Clinic
CDC Exams	1-3 p.m.	Bldg. 838/Rm 2304
NBCCD Refresher	1-3 p.m.	Bldg. 838/Rm 1322
SNCO induction (Top 3)	3 p.m.	Club
Deploy outprocess bfng	2 p.m.	Bldg. 838/Rm 2406
Retreat (94th SFS)	4 p.m.	Bldg. 922/Front

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<u>Activity</u>	<u>Time</u>	<u>Location</u>
M-16 rifle AFQC	7:30 a.m.	Combat arms range
Physical exams (aircrew)	8 a.m.	Navy Clinic
Physical exams (others)	8:30 a.m.	Navy Clinic
In house 3S0X1 trng.	8-9 a.m.	Bldg. 838/Rm 2304
Immunizations	8-11 a.m.	Navy Clinic
HRDC meeting	9 a.m.	Bldg. 838/WCR
CAIB meeting	9-9:30 a.m.	Bldg. 838/Rm 2313
Yellow Fever shots	9-10 a.m.	Navy Clinic
Chiefs Group mtg	9-10 a.m.	Bldg. 838/Rm 1202
CDC exams	9 a.m.-noon	Bldg. 838/Rm 2304
IG complaints	10 a.m.	Bldg. 838/Rm 2105
Enl. advisor council mtg.	10-10:30 a.m.	Bldg. 838/WCR
30-day record review	10-11 a.m.	Bldg. 838/Rm 1202
1st Sgts. meeting	11-noon	Bldg. 739/622RSG
Cmdr's working lunch	11:30 a.m.	Com (Marietta room)
Flying Safety	1-2 p.m.	Bldg. 727/700 AS
Immunizations	1-3 p.m.	Navy Clinic
CDC study hall	1 p.m.	Bldg. 838/Rm 2304
Publishing training	1-3 p.m.	Bldg. 827/2nd Fl.
Supervisor safety trng.	1:15-2 p.m.	Bldg. 744/2nd Fl.